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PLASTIC SURGERY

Post-op Instructions
LIPOSUCTION WITH FAT TRANSFER

Medications you *MUST* take:

1. **Cephalexin (or Clindamycin)** – antibiotics to prevent infection.
 - Start first dose the night of your surgery day. Take with some food.

Medications you can take *AS NEEDED*:

2. **Hydrocodone** – pain medication, take only as needed every 6 hours.
 - Take this medication with a stool softener (e.g., MiraLAX) as it will constipate you.
 - If pain is controlled, it is best to just take Tylenol instead.
3. **Ondansetron (Zofran)** – anti-nausea medication, take only if needed every 6 hours.
4. **Scopolamine patch** – anti-nausea patch, ok to remove the day after surgery.

START THE NIGHT OF YOUR SURGERY:

- Soft diet after surgery: (first day) – you can have chicken broth, shakes, Jell-o, yogurt, applesauce, cranberry/grape/apple juice.
- After having your first meal after surgery you can go ahead and take your medication. (Antibiotics must be taken as directed. Pain medication as well as nausea medication can be taken as needed) you must have a meal first.
- You must sleep on your stomach for the first month after your surgery.

ACTIVITY:

- **Movement is Important:** Make sure you are up and walking around immediately after your surgery. The best way to prevent blood clots (DVTs) and other complications is to ***get out of bed and walk every hour while you are awake!*** Get up and walk to the bathroom, to the kitchen, etc. The first few days make sure you walk with someone assisting you in case you get dizzy or fall.
- Please wear your compression stockings for 7 days to avoid blood clots. Stockings can be removed when taking a shower or washing, please make sure to put back on immediately.
- You can drive after day 7 if you are NOT taking any narcotic pain medication.
- Do NOT smoke, vape or be close to anyone smoking as this will significantly affect healing.
- Walking is ok and encouraged from day one but no heavy lifting.
- You can resume sexual activity in 4 weeks
- You can not sit or put any weight on your glutes for 1 month.

- After 15 days you can use a transfer pillow. So basically, you're putting all the pressure on the back of your thighs. With no pressure on your buttocks when you use this transfer pillow. (Your buttocks can not be touching the pillow)
- You must wear your garment 24/7 for the first 2 months (the first 2 months needs to be worn 24 hours a day, 3rd month garment can be worn during the day or night optional).

SHOWERING:

- The day after surgery, its ok to shower with someone helping you. Avoid water hitting the incision directly but it is ok for soap and water to fall in this area. (Shower after your first post-op appointment)
- **NO BATHTUBS OR SWIMMING UNTIL YOUR INCISIONS ARE FULLY HEALED.**
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DO NOT'S:

- **DO NOT** soak in baths, jacuzzies or hot tubs until instructed by your doctor.
- **DO NOT** take Aspirin, Ibuprofen, Naproxen, or other blood thinners until your surgeon advises you it is safe.
- **DO NOT** apply heating pads or ice packs to the treated areas unless otherwise instructed by your surgeon.

WHEN TO CONTACT YOUR DOCTOR OR SEEK MEDICAL ATTENTION:

- Any fever or signs of infection (Any redness or drainage from incisions).
- Any difficulty breathing.
- Excessive bleeding from incision.